

Breast-feeding*

How breast-feeding works:

Women who breast feed their babies may delay the return of fertility (ovulation) for a short time. Frequent stimulation of the breast by around-the-clock suckling helps delay the return of ovulation. You must give frequent feedings, long duration of each feed, short intervals between feedings, and night feeds. Women who use this method effectively sleep with their babies and feed on demand.

How to use breast-feeding:

Ask your doctor or health provider about breast-feeding and how effective it would be for your situation.

Effectiveness rates:

Breast-feeding can be a highly effective, temporary method of birth control. The effectiveness greatly decreases as soon as breast-



* Breast-feeding is the Lactational Amenorrhea Method (LAM) method.

(over)

Center for Health Training

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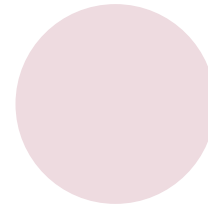
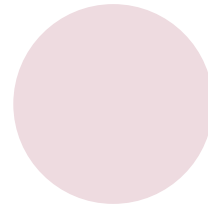
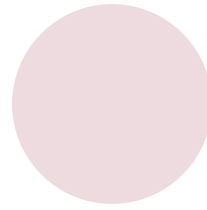
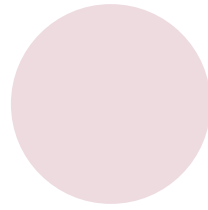
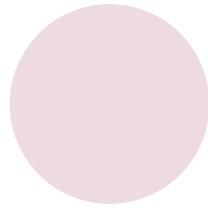
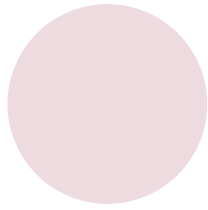
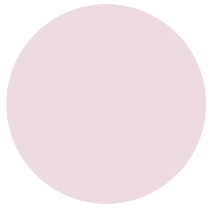
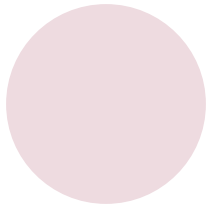
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feeding is reduced, bottle feeding is added and/or regular food supplements are introduced, or when the baby reaches six months of age. It is important to talk to a trained doctor or health provider or educator for more information.

Some benefits of breast-feeding:

Breast-feeding is easy to use with no cost.

Potential disadvantages:

Unintended pregnancy may occur if breast feeding is not “on demand” (continually, any time the baby wants it), 24 hours per day. You may ovulate and become pregnant before your periods restart after childbirth.

Breast-feeding will not give you protection against HIV (AIDS) or sexually transmitted infections (STIs) such as chlamydia, herpes, genital warts, gonorrhea, hepatitis B and syphilis.

Potential risks:

No health risks.